

Kat's Great Adventures

Colombia – Immersion in the Coffee Cultural Landscape Bike Tour 2022
Guided Tour
9 Days /8 Nights



The best tour for the adventurous – those who are looking to live new experiences and learn, first hand, about nature, the culture, and customs of a region that lives around the coffee and farming. This experience in the coffee cultural landscape will allow you to enjoy traditional, regional foods prepared with fresh products of the region, spend time with coffee farmers and live their daily lives, sleep in local accommodations, rural coffee farms, and feel the joy that is spread by our country and its people.

Itinerary Day to Day

Day 1: Meet in Pereira. Transfer to Coffee Farm and the First Ride 15 km (1.5 - 2 hours)

Pickup time: After 1:00 p.m. We will go by way of Jeep Willys to the coffee farm, outside of Pereira. This afternoon, we will fit the bicycles, we will see the map of the journey, have a technical instruction and then a warm-up ride around the Natural Park "Serranía Alto del Nudo".



Day 2: Otún River - Protected Natural Reserve 32 km (4 hours); Hike 4 km (Optional)

Begin the day, riding a bicycle from Pereira on a rural country road surrounded by beautiful mountains, large cultivations of vegetables, aromatic plants, and some fruit plantations. Continue the bike ride through a protected nature reserve, accompanied by the music of colorful, beautiful birds. Enjoy small creeks of pristine water, nestled between large native trees and, with luck, see and hear the howling monkeys who live in this area. Finally, walk into the woods to discover a majestic river that is over 4,000 meters above sea level, bound to leave you enchanted by its beauty.

Day 3: Santa Rosa de Cabal – A Route between Great Mountains 37 km (5 hours)

This route is characterized by its extensive tree cultivations of eucalyptus and pine – as well as some sections of a nature reserve in the cloud forest. Pass through the municipality of Santa Rosa, a town where you can visit some workshops and artisan stores, typical in the coffee region. It's a physically demanding day, so in the afternoon, your body will appreciate relaxing in the beautiful, natural hot springs of Santa Rosa de Cabal.

Day 4: Pereira Station – The Route of the Local Means of Transport 34 km (4 hours); Hike 1.5 km (Optional)

Today we will go by Jeep Willys to the start point at the other side of Pereira. We will take our bikes to ride through coffee cultivations in the Andes Mountains and descend to one of the most important rivers in Colombia – the Cauca River. There, embark the "Brujita" – a unique transportation system that has a wooden platform and ball bearings that displace over the rails of the antique train track – an emotion filled journey. Next, take another native Colombian transportation system called "Garrucha" that is a basket made of metal and wood that hangs from steel cables which allows you to cross the Cauca River to the reach the banks of a town named Belalcazar, Caldas. Rest and walk approximately 30 minutes to a series of waterfalls, the ideal place to swim in cool, pristine waters.



Day 5: Ulloa/Quimbaya – The Route of the Beautiful Valley 38 km (3 hours)

You will ride through three of the four departments that are part of the world heritage site, the Coffee Cultural Landscape, declared by UNESCO. It's a day of changing landscapes that allow you to appreciate the agricultural, cultural and natural wealth of the Coffee Region. Large areas of livestock, extensive coffee cultivations, and many other cultivations, including orchards, are just a few landscapes you'll appreciate during this bike ride. Moreover, learn about and experience the complete Colombian coffee process, icon of our country. Every sense will come alive to listen to, smell, see, and taste one of the best coffees in the world. In the same farm you will taste many Colombian fruits and you'll see a private collection of beautiful flowers.

Day 6: Filandia – The Route to the Quindío Lookout 30 km (4 hours)

This route, surrounded by coffee and plantain cultivations, will lead us to the municipality of Filandia, a small coffee producing, artisan village. One of the most beautiful villages in the Department of Quindio, popularly nicknamed "Illuminated Hill" referring to its altitude and beautiful, panoramic view of the region. In the afternoon, visit some artisan stores and walk through the streets of this traditional village.

Day 7: Cocora and Salento Valley – The Route of the Wax Palm Tree 36 km (5 hours)

Ride to the municipality of Salento. In the first stage of this ride, you'll be close to the Barbas Bremen Natural Park, inhabited by



diverse species of flora and fauna of the region. The next stage of the bike ride will take you through timber cultivations – eucalyptus and pine – riding on the Coffee Highway that leads to Salento, famous for its original architecture represented in the Colonial houses and balconies of the town, as well as its artisan shops. After eating a delicious and typical lunch, perusing the streets of this beautiful town, then go to the Valle de Cocora, the door to Los Nevados National Natural Park.



Day 8: Return to Pereira – Route of Happiness 35 km (4 hours)

Return to Pereira riding on a part of the highway, then on a rural road that will weave through many rural populations whose main economic activity is based on agriculture. You will be surrounded by eucalyptus trees, then cultivations – plantain, green onion, tomato, cilantro, and other vegetables, until you arrive to the city. In the afternoon, enjoy an afternoon of sharing stories, laughter, and talking about your adventure through the Coffee Cultural Landscape.

Day 9: Pereira – Transfer

You have a free morning to enjoy the farm, surrounded by the beautiful sound of bird and an unparalleled landscape. We will begin our drive back to the airport or hotel in Pereira at 11:00 a.m.

Route



Technical Characteristics:

Route Profile: Medium. The coffee triangle in the Andes is hilly in areas and the road surface is sometimes unpaved.

Distance: 257 km

Travel Season: Daily arrival between January 2 and December 31, 2022



Price per Person:

Double Occupancy	\$ 2495.00 USD
Single Supplement	On request

Accommodation:

Private rooms in small lodgings, village hotels, rural accommodation or traditional farms. Charming, cozy places that allow you to rest with the tranquility that each community provides. All places have typical, regional architecture to appreciate and experience.

Included:

- Accommodation in village hotels or traditional farms - private rooms
- Private transport from Pereira by Willys Jeep (Traditional transport of the Coffee Region). Transport by "Brujita" and "Garrucha"
- Luggage transfer
- Pick up and drop off the participants at the hotel or airport of Pereira
- All meals
- Snacks and hydration (water and isotonic drinks)
- Visits to artisan workshops, farms and admission to the above-mentioned natural attractions
- Mountain bike and helmet rental
- Technical and safety instruction
- Maps and route profiles
- Waterproof layer in case of rain
- Souvenir and digital photos of the activity
- Hotel insurance and taxes
- Insurance for adventure activities/medical assistance card
- Bilingual (Spanish/English) guide specialized in nature and adventure activities

Not Included:

- Air transportation to Pereira City
- Expenses and services not specified in the plan

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Bikes

Bicycles with aluminum frame, front suspension with blocking, Shimano® gears / 9-speed, hydraulic disc brakes. We have 27.5 or 29 wheel/rim and 16", 18", 20" frame size bicycles to make your ride as comfortable as possible regardless of your size or gender, and they also come with an anti-prostatic seat for men and a silicone cover for women.

